



Chocolate Lava Muffins

READY IN



32 min.

SERVINGS



12

CALORIES



297 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 stick butter
- ☐ 12 servings butter
- ☐ 1 tablespoon cocoa powder
- ☐ 4 eggs
- ☐ 1 teaspoon espresso powder
- ☐ 3 tablespoons flour
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces semi chocolate chips
- ☐ 0.5 cup sugar

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup whipped cream

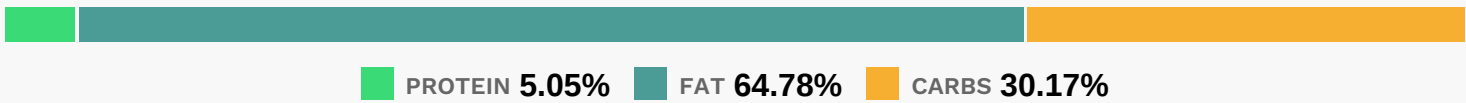
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Place a small metal bowl over a saucepan with simmering water. Melt the chocolate and butter in the bowl. Stir in vanilla.
- ☐ In a large mixing bowl, combine sugar, flour and salt. Sift these into the chocolate and mix well with electric hand mixer.
- ☐ Add eggs one at time, fully incorporating each egg before adding the next. Beat at high until batter is creamy and lightens in color, approximately 4 minutes. Chill mixture.
- ☐ Coat the top and each cup of the muffin tin with butter. Dust with the cocoa powder and shake out excess. Spoon mixture into pan using a 4-ounce scoop or ladle.
- ☐ Bake for 10 to 11 minutes. Outsides should be cake-like and centers should be gooey.
- ☐ While muffins are in oven, melt the ice cream in a small saucepan. Stir in the espresso powder.
- ☐ Serve over warm muffins.

Nutrition Facts



Properties

Glycemic Index:25.51, Glycemic Load:8.39, Inflammation Score:-4, Nutrition Score:5.6447825567878%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 297.17kcal (14.86%), Fat: 21.64g (33.29%), Saturated Fat: 12.82g (80.1%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 20.88g (7.59%), Sugar: 17.68g (19.65%), Cholesterol: 91.53mg (30.51%), Sodium: 172.92mg (7.52%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Caffeine: 19.83mg (6.61%), Protein: 3.8g (7.6%), Manganese: 0.29mg (14.32%), Copper: 0.27mg (13.42%), Selenium: 7.19µg (10.27%), Magnesium: 39.64mg (9.91%), Vitamin A: 495.23IU (9.9%), Phosphorus: 98.54mg (9.85%), Iron: 1.62mg (8.98%), Fiber: 1.79g (7.18%), Vitamin B2: 0.12mg (7.04%), Zinc: 0.82mg (5.48%), Potassium: 164.46mg (4.7%), Vitamin E: 0.63mg (4.23%), Vitamin B12: 0.23µg (3.87%), Calcium: 38.53mg (3.85%), Vitamin B5: 0.37mg (3.71%), Folate: 11.44µg (2.86%), Vitamin K: 2.46µg (2.35%), Vitamin B1: 0.03mg (2.15%), Vitamin D: 0.32µg (2.1%), Vitamin B6: 0.04mg (1.92%), Vitamin B3: 0.33mg (1.66%)